# RECIPE

# **Pasta Salad**

Easy and delicious, make this tasty pasta salad for your next picnic.

Makes: 12 servings

Prep Time: 10 minutes Cook Time: 15 minutes

Source: MyPlate.gov, Pasta Salad

# Ingredients

- 3 cups pasta, uncooked
- 1/2 cup celery (chopped)
- 1 bell pepper (medium, chopped)
- 1/2 cup carrot (peeled and diced)
- 1/2 cup broccoli (chopped)
- 1/3 cup mayonnaise
- 1 1/2 tablespoons garlic powder
- 1/4 teaspoon black pepper

### **Directions**

- 1. Cook pasta according to package directions.
- 2. Drain and place in bowl or pan.
- 3. Add the rest of the ingredients and mix well.

## **Utensils Needed**

- Sharp knife
- Large pot
- Cutting board
- Mixing bowlStirring spoon
- Measuring spoons
- Measuring cups
- Vegetable peeler



# Small Changes, BIG Difference!



## Nutrition Information

#### Serving Size: 1/2 cup Nutrients Amount Calories: 143 Total Fat: <u>5 g</u> Saturated Fat: <u>1g</u> Cholesterol: <u>3 mg</u> Sodium: <u>49 mg</u> Total Carbohydrates: <u>20 g</u> Dietary Fiber: <u>2 g</u> Total Sugars: <u>1g</u> Added Sugars: <u>0 g</u> Protein 4 g



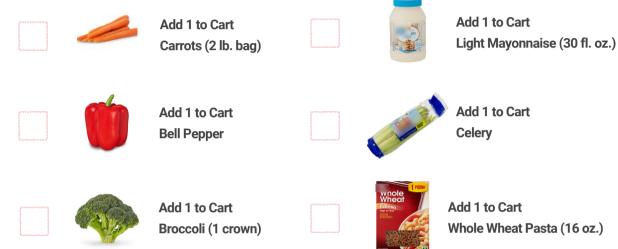
# **SHOPPING LIST**

Average total cost without oil and seasonings: \$7.73 Average cost/serving: \$0.64

**Recipe makes: 12 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

# Ingredients



# SAVE TIME, SAVE MONEY

# **Storage Tips**

• Cool in refrigerator before serving. Refrigerate any leftovers within 2 hours.

### **Similar Recipes**

- Consider trying similar recipes found on snapedny.org, such as:
  - Personalized Pasta Salad
  - Summer Squash Tuna Pasta Salad
  - Summer Vegetable and Pasta Salad



**My Cooking Notes**